

FLEXIBILITY HOMEWORK

FRONT LEG OVERSLPITS:

- . 45 sec. Right leg
- . 45 sec. Left leg
- . 45 sec. Middles with R leg up
- . 45 sec. Middles with left leg up

SEATED STRETCHES:

20s each

- . Pointed Straddle (R, M, L)
- . Flexed Straddle (R, M, L)
- . Pointed Pike
- . Flexed Pike

BRIDGES

- . 20 sec. regular Bridge hold
- . 5 rockers
- . 15 sec. w/ feet against wall
- . 5 rockers
- . 10 sec. w/ shoulders against wall

EXTRAS:

- . 10 feet circles
 - Flexed
 - Flexed turnout
 - Pointed turnout
 - Point
- . 10 Trunk twists
- . 10 Right arm circles
- . 10 Left arm circles